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SCORING BIG FOR HOCKEY KIDS

Peter Woods, executive director of Hockey Manitoba, right, and Mayor Sam Katz chat following a press conference where Katz, ex-Jet Coun. Thomas Steen and leaders of Winnipeg's hockey organizations called on Winnipeggers to donate gently-used skates, sticks and other items to the second annual Hockey Equipment Drive, which runs until Oct. 31. Equipment can be dropped off at city hall or 15 arenas across Winnipeg. BERNICE PONTANILLA/METRO

Zoning changes coming a year after St. Boniface fireball

Stop-work notice.
Mayor says city officials closely monitoring rebuilding of fuel plant

One year after a massive fireball lit the sky over St. Boniface, the area's councillor said an upcoming city report will call for zoning changes to prevent such an accident in the future.

Coun. Dan Vandal said the changes, which are specific to the Mission Industrial area, will affect companies that house dangerous materials. The report is expected at next week's property and development committee meeting.

"We need to start a planning process to look at putting distance between heavy industrial uses with environmental licences and residences," said Vandal after the infrastructure renewal and public works committee meeting.



The explosion at Speedway International took place on Oct. 1, 2012. SHANE GIBSON/METRO

The explosion that took place Oct. 1, 2012 at the Speedway International fuel plant sent hundreds of people running from their homes and local businesses.

Area residents have said that the rebuilding of the plant, currently underway, makes them nervous.

Mayor Sam Katz told reporters that inspectors issued a stop-work notice to Speedway International, which is the equivalent of a warning that the proper permits are not in place.

"My understanding was that some work commenced,

but they were told to stop until everything was being done properly, so that is the last information I had and that's maybe two days old," he said.

The Manitoba fire commissioner's office blamed spontaneous combustion for the accident, stating that the fire is believed to have started in an oily substance in the plant's filter press area.

The commissioner's report did not specify which liquid started the blaze, but said it began in a part of the plant where biodiesel is manufactured. Methanol fuel for racing cars and windshield washer fluid are also produced at the sprawling industrial complex.

In April, Speedway International and Royce Rostecki were charged with 16 bylaw offences, including failing to get permission to install storage tanks containing flammable liquids, failure to store those liquids properly in rail cars and storing more of them than allowed. BERNICE PONTANILLA/METRO
WITH FILES FROM THE CANADIAN PRESS



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2014. Winnipeg Transit to fully phase in smart cards

The head of Winnipeg Transit said plans are already in place to make the transition over to an estimated 250,000 smart cards for fare collection as smooth as possible.

Dave Wardrop told members of the infrastructure renewal and public works committee on Tuesday that they received approval for fee changes last year, but additional changes have been made since.

"That's the whole motivation of the system, it's a more

convenient system for the user, more flexibility for the user, more product offerings for users and (it) offers the opportunity to customize their product purchase to their travel pattern," said Wardrop. "That could change season to season, or month to month or year to year." Among the new fares that will be offered by the e-card system are 28-day passes, which can be bought at any time of the month.

BERNICE PONTANILLA/METRO



CARP's gotta lotta heart

A carp — the mascot belonging to the Canadian Association of Retired Persons — visited city hall Tuesday to mark National Seniors Day and the United Nations International Day of Older Persons. Members of the group, city officials and guests saw a flag raised in honour of seniors making a difference in their communities. BERNICE PONTANILLA/METRO

Time travelling just got a whole lot easier

Historical destinations.
Canada's History magazine launches planning portal



SHANE
GIBSON

shane.gibson@metronews.ca

A new online portal from Canada's longest running historical magazine is giving vacationers the chance to safely plan trips in time through Canada's history without having to worry about the dangers of changing the space-time continuum.

"Destinations" is a new site created by Canada's History magazine (formerly The Beaver) offering a free one-stop shop for information about historical sites, museums, national parks, and galleries across Canada.

"We want to reach out and help people love history by get-

Social media

- "Destinations" also has space for travellers to share pictures and blog posts from their historical trips.

ting them to go out to places where history happened," explained Mark Reid, editor-in-chief for Canada's History after unveiling the site at St. Boniface Museum Tuesday. "Basically we're there to help (historical sites) get their stories out."

As well as providing information and updates on special events and upcoming exhibitions at thousands of sites across the country, the portal also allows users to completely plan out their trips, and then transfer the information to maps on their mobile devices.

"This will provide an opportunity to encourage heritage visitors to come to local



Canada's History editor-in-chief Mark Reid launched the magazine's new "Destinations" travel site at St. Boniface Museum Tuesday. SHANE GIBSON/METRO

museums and come to unique communities," said Philippe Mailhot, director of St. Boniface Museum, noting the site will be invaluable for smaller historical sites that don't have budgets for cross-Canada pro-

motion. "Getting the message is important to us, and it's also important to a lot of smaller museums and heritage communities ... because while we have a full-blown website, not everyone has that."

'Age-appropriate'

Province, CMHR partner for human rights education

The province's department of education is teaming up with the Canadian Museum for Human Rights (CMHR) to provide Manitoba students with an education in human rights both inside and outside of the museum.

Manitoba Education Minister Nancy Allan and CMHR president and CEO Stuart Murray signed a Memorandum of Understanding (MOU) Tuesday promising to work together to create programs and materials for students from kindergarten to Grade 12.

"It's a very deep human rights experience that will start in the curriculum in schools," explained Murray after signing the three-year agreement. "Working with Manitoba teachers ... they see this museum as an extension of the classroom."

Goals outlined in the MOU include creating educational content for schools, linking museum education programs with the Manitoba school curriculum and providing teachers with professional development on human rights education.

"Teachers often say that it's sort of hard to teach human rights, many of the topics are difficult and sensitive," said June Creelman, CMHR's director of learning and programming who's in charge of developing the museum's educational and public programming. "We'll be able to share tips on how to approach different topics and how to make them age appropriate."

The CMHR is slated to open next year.

SHANE GIBSON/METRO

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Photo courtesy of Scott Ramsay

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They stand on guard. Five notable women seek gender-neutral O Canada



Demanding change: Margaret Atwood, left, Kim Campbell, Nancy Ruth, Vivienne Poy and Sally Goddard. THE CANADIAN PRESS FILES

A group of notable Canadian women is launching a campaign for gender-neutral language in the English lyrics of O Canada.

The group says the change would restore the national anthem to its original gender-neutral intentions.

The group — which includes author Margaret Atwood and ex-prime minister Kim Campbell — has set up a website to promote the idea.

It is calling on Canadians to join the campaign and encourage Prime Minister Stephen Harper's government to change the line "in all thy sons command" to "in all of us command."

RestoreOurAnthem.ca is being launched on the 100th anniversary of the change made to Judge Robert Stanley Weir's original English lyrics.

The coalition says for no documented reason the lyrics were revised in 1913 from "thou dost in us command" to "in all thy sons command" and it's time to make a change to reflect the inclusive intentions of the original lyrics.

Other members of the group include Senator Nancy Ruth, author and fashion designer Vivienne Poy and Sally Goddard, mother of Nichola Goddard, the first female Canadian soldier killed in combat.

THE CANADIAN PRESS

Cross about cross. Values charter sparks topless row in Quebec legislature

A topless protest interrupted the daily question period in Quebec's national assembly Tuesday, in a screaming semi-nude denunciation of the controversial values charter.

Women began removing their clothes while Premier Pauline Marois was answering a question.

Shouts erupted in the gallery and everyone's eyes, including the premier's, drifted upward.

As the protesters disrobed,

they chanted a slogan against the presence of the crucifix in the chamber. Security guards pulled a trio of half-naked protesters away and struggled to dress them.

The protest was over a Parti Québécois proposal that would leave the crucifix in the chamber; Christmas trees would remain in public offices; and the giant cross would stay above Montreal's Mount Royal.

THE CANADIAN PRESS

Last to leave, please switch off the lights

America shuts down.

800,000 federal workers sent home as historic wrangle over health care shutters many U.S. agencies

The U.S. Congress hung "Closed" signs on a big swath of government Tuesday.

About 800,000 workers were sent home.

Barricades sprang up at the Lincoln Memorial and other monuments.

The National Park Service was turning off 45 fountains around Washington D.C.

Agencies like NASA and the Environmental Protection Agency were virtually shuttered.

More than a third of the federal civilian workforce was furloughed — equivalent to the combined workforce of Target, General Motors, Exxon and Google.

And on Capitol Hill, Democrats and Republicans traded blame for the first partial government shutdown in nearly two decades. But people clas-

U.S. showdown

The extraordinary U.S. shutdown was caused when a long-running dispute over President Barack Obama's health-care law stalled a temporary funding bill.

sified as essential government employees — such as air traffic controllers, Border Patrol agents and most food inspectors — worked.

So did members of the military and employees such as State Department workers who issue passports and visas.

With the Republican-controlled House and Democrat-controlled Senate at a stalemate, it was unclear how long the shutdown would last — or who the public would blame for unanswered phones and locked doors.

"There has to be better ways to run the government than to get to a standstill like this," said Cheryl Strahl, who travelled from California to take in New York City sites.

THE ASSOCIATED PRESS

Amid the shutdown...

Life-or-death stuff: Obama

Hailing it as a "historic day," U.S. President Barack Obama pressed forward his flagship health-care program Tuesday.

"This is life-or-death

stuff," Obama said. He said tens of thousands of Americans die each year for lack of health insurance, and others go bankrupt.

"Today we begin to free millions of our fellow Americans from that fear," he added.

THE ASSOCIATED PRESS



Go home, folks: A U.S. Park Police officer helps to close down the Martin Luther King Memorial in Washington D.C. on Tuesday.

MARK WILSON/GETTY IMAGES

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Online document-sharing site Scribd is taking a page from Netflix's success story as it sets out to create the world's largest subscription service for digital books.

The opening chapter in Scribd's quest began Tuesday with the introduction of an ebook subscription service that will boast thousands of titles published by HarperCollins before July 2012. HarperCollins, which is owned by News Corp., becomes the first of the five largest U.S. publishers to join a service vying to create an alternative to buying

Different model

- If it's successful, Scribd could help publishers cultivate an alternative to the electronic bookstores run by Amazon, Apple and Google.

individual titles.

Scribd will charge \$9 US per month for a service that offers unlimited access to most of HarperCollins' back catalogue, as well as an assortment of other books from smaller publishers. Recent bestsellers from HarperCollins aren't included in the subscription service, but customers will be able to buy new titles individually on Scribd's site. **THE ASSOCIATED PRESS**

Cuba wants to get rid of odd dual-currency system – but that's easier said than done

Cuba is the only country in the world that mints two national currencies, a bizarre system that even President Raul Castro acknowledges is hamstringing the island's socialist economy and must be scrapped. Exactly how to do that is the problem.

Months after Castro made currency unification a centrepiece of a forceful address to parliament, no details have been made public. But a pilot

program operating under the radar might hold clues to a way out.

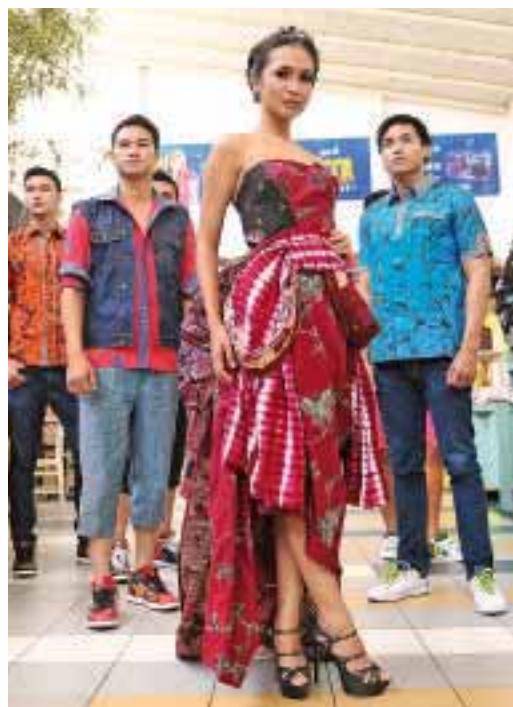
Since the system was created in 1994, most islanders have been paid in national pesos worth 24 to the U.S. dollar in exchange houses, while tourists and the Cubans who attend to them receive a much more valuable peso pegged at one-to-one with the U.S. greenback.

The imbalance means doctors and physicists can make more money driving taxis or renting rooms than they can working in the professions for which they spent years preparing. In his July speech, Castro denounced the setup as having a warping effect on the economy and society in general.

Shaking up the dual currency system risks spiking inflation and creating new winners

and losers, always dangerous on an island that embraces the goal of egalitarianism. It would also force a change in accounting rules that would eliminate a huge subsidy to state-run enterprises at a time when cash is so short.

But there are signs that change is coming, and hints at how the value of the currencies might meet in the middle. **THE ASSOCIATED PRESS**



Happy... Batik Day?

Models show off outfits by designer Embran Nawawi, who launched a new line of Maduranese stamp batik clothing on Tuesday in Surabaya, Indonesia. On Oct. 2, 2009, the United Nations Educational, Scientific and Cultural Organization (UNESCO) formally recognized Indonesian batik as a world heritage tradition, and since then, the date has been used to mark Batik Day. **ROBERTUS PUDYANTO/GETTY IMAGES**

Wearable computing. Canuck company debuts high-tech glasses for runners, cyclists

Vancouver-based Recon Instruments doesn't consider Google Glass to be a direct competitor to its high-tech eyewear, but the firm doesn't mind the comparisons.

While Recon believes it produces a very different type of computer-equipped glasses — which are targeted at sports enthusiasts rather than the mass market — it's happy to be mentioned in the same breath as the tech giant.

"They're doing us a huge favour by pushing the category and really showing people the value of heads-up information," says Recon CEO Dan Eisenhardt.

Since 2010, Recon has been releasing "heads-up display" products that give skiers and snowboarders a high-tech way to fly down mountains. The latest device, the MOD Live, attaches to a pair of ski goggles and uses a small LCD screen to display information including GPS

Instant data

"(You) could imagine all kinds of applications where ... you're outdoors doing an activity and you can get data that you need for that moment in time." **Recon CEO Dan Eisenhardt**, who says golf, hunting and sailing also offer opportunities for Jet eyewear.

data, speed, altitude and temperature. Users can also wirelessly link the device to their smartphones.

Now, the company is talking up a new product called Jet, sunglasses with similar technology designed for cyclists, runners and triathletes. And the tech world is taking notice. Last week, Intel said it was investing \$4 million in Recon to help "accelerate product development, marketing and global sales."

THE CANADIAN PRESS

Market Minute



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'Dirt cheap' mobile prices can't last, report concludes

A new report says that Canada's small wireless companies have undercut Rogers, Bell and Telus by more than half on voice and data prices in recent years, giving consumers lower cellphone bills. But it also says that these prices aren't sustainable. The Convergence Consulting Group report says that the smaller wireless players can't keep offering "dirt cheap" prices and stay in business.

THE CANADIAN PRESS

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September 30 to October 5

TRUE PATRIOT GENDER-NEUTRAL LOVE

Oh, Canada, here we go again.

Another attempt to revise the lyrics of our national anthem.

This time, a group of prominent Canadian women including Margaret Atwood and Kim Campbell want to change "In all thy sons command" to "In all of us command," which is OK by me. I could never quite get my head around, "In all thy sons command," anyway. It's not as if we talk like that.

"Like, true patriot love in all thy sons command."

"Whatever, dude."

The point is, the prominent women are feeling left out. They want Canada to command an upwelling of true patriot love in female glowing hearts as well, and who can blame them?

Of course, some people think it's a bad idea to mess with the lyrics of our national anthem. Is nothing sacred etc.? It might help them to know that the original 1908



JUST SAYIN'
Paul Sullivan

metronews.ca

lyrics include the phrase "thou dost in us command" which makes no sense at all but at least it's gender neutral.

They should also know that O Canada wasn't even our official national anthem until 1980. Before that it was God Save the Queen, which, like the Queen, goes on forever. O Canada is much snappier, especially now that some of the "dosts" "thous" "thees" and "thys" have been eliminated.

In the face of the argument that the prominent women are only seeking a revision of the revision, traditionalists will fall back on the problem that if you mess with one line, the whole thing opens up, encouraging people with nothing better to do than lobby for new words to the national anthem.

Take "our home and native land," for instance. In 1990, Toronto City Council actually voted to encourage the government to change it to "our home and cherished land" because some non-native Canadians might feel left out.

Not to worry. They're too busy trying to figure out "true patriot love in all thy sons command."

Meanwhile, the next generation has tuned out. According to a 2010 University of Victoria survey, nearly 70 per cent of high school students enrolled in choir don't know the lyrics to O Canada, regardless of the version. And that's the in-tune student body. Presumably the fail among the general population is even higher.

Traditionalists will argue that's because they don't sing the song at the start of the day at school anymore, and maybe they're right. In fact, the only place we do sing it is at football and baseball games, usually alongside the Star Spangled Banner, which doesn't make any sense either.

But that's OK. It's an opportunity for Beyoncé or Nikki Yanofsky to look good and sound good while they funk up the tune.

After all, we stand on guard for what so proudly we hailed at the twilight's last gleaming from far and wide. Don't we?



Visit metronews.ca to watch the video and share your opinion.

ZOOM

The horror of war in numbers



THEFALLEN9000.INFO PHOTOS

Stenciled bodies recall Normandy

In an awe-inspiring and emotional project, the silhouettes of 9,000 bodies were stenciled on a beach in Normandy, France, as a tribute to those who died during the Second World War.

Titled The Fallen 9000, the work served as a visual reminder of the Allied and German forces, and civilians, who died during the D-Day beach landings at Arromanches on June 6, 1944.

METRO

Concept to creation



"It was a quiet and emotional statement about what happens in the absence of peace. After I made my first figure, I broke down crying."

Jamie Wardley, artist
Wardley, 33, came up with the idea for the project with Andy Moss, 50.

Silhouettes erased but impression lasts

The two sculptors came up with the idea for the International Day of Peace, a global observance day instituted by the UN.

The sculptors from Bradford, England, spent two years organizing the event. The silhouettes were later erased by the tide, but the project's effect lives on.

"Veterans are telling me how it brought home the impact war has," artist Jamie Wardley said. METRO



About 200 volunteers from various backgrounds and ages raked with stencils.

Dinosaur Comics:

Celebrating its 2,500th (at least according to the URL) comic Tuesday, Dinosaur Comics somehow manages to keep the LOLs rolling using the same six panels featuring a green T-Rex and a gay (they say) Utahraptor.

CONTRIBUTED

Comments

@metropicks asked: A chemical used to make plastic was found on a Saturn moon. How do you feel knowing that outer space is pretty much Tupperware?

@WTarcisio: To me, this is nothing new. My life has not changed at all.

@lester04: is it dishwasher safe?

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca



Gravity can get heavy but it will pull you in nonetheless. CONTRIBUTED

Stomaching zero-gravity

Interview. Alfonso Cuarón talks about making space film and surviving the Vomit Comet



NED EHRBAR

Metro World News in Hollywood

Alfonso Cuarón apologizes for the delay in bringing his latest film, *Gravity*, to the masses, but properly presenting outer space turned out to be a tough nut to crack.

And rest assured, the results are worth the wait. Plus, Cuarón got to discover a new favourite past-time: Experiencing zero-gravity on the Vomit Comet.

I suppose my first question after seeing this film is: how?

Well, the first thing is we're trying to do a film that takes place in space but that looks like those *Imax* documentaries that you're used to seeing. We didn't want it to look like a comic book or a fantasy rendering of space. So that was the point of the departure. The rest of the conversation was, "OK, how the heck are we going to do it?" So we tried several existing technologies. Nothing existed that we could use so we had to invent our own tools. And then four and a half years later, here we are.

You just get such fluid camera motion, which you've always had, but it's ampli-

In Focus
Gravity has other movies circling it



IN FOCUS

Richard Crouse
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It's one thing to feel cut off from other people. It's another thing to be alone thousands of miles above the earth.

A new film from *Children of Men* director Alfonso Cuarón does a great job of showing the isolation felt by two cosmonauts who, in the words of David Bowie, are "sitting in a tin can, far above the world."

Gravity stars Sandra Bullock and George Clooney as astronauts who get pelted by a debris storm, comprised of bits and pieces of old satellites. With their space shuttle disabled and their communications offline, they are forced to become Space MacGyvers in order to survive.

Bullock and Clooney aren't the first movienauts

to be cut adrift in space. From animated films like *WALL-E* to epics like 2001: A Space Odyssey, Hollywood has mined the vastness of space in some unforgettable movies.

In the film *Moon*, Sam Rockwell is astronaut Sam Bell, a Lunar Industries employee living and working on a space station on a three year contract.

His job is to tend to machines that are "harvesting solar energy from the dark side of the moon" and providing almost 70 per cent of Earth with power. His only companion is a robot/cup holder named Gerty (voiced by the appropriately named Kevin Spacey) although he can receive taped messages from his wife Tess (Dominique McElligott). The loneliness of the job is broken, how-



ever, when he discovers that he may not be truly alone.

The comparisons to 2001 are obvious, made even more apparent by Spacey's HAL-like delivery of his robot lines, but director Duncan Jones has simply used Kubrick's film as a visual reference on his way to creating a unique and fascinating movie. Another thing he borrowed from Kubrick and many other sci-fi films of the '60s and '70s is his emphasis on ideas rather than special effects. Michael Bay this ain't.

One of the earliest alone-in-space movies came in 1950. *Destination Moon* is noted as the first Hollywood movie to contain scientific representations of space travel. The story involves a journey to the fifth largest moon in the Solar System and the difficult decision to possibly leave one crew member behind. Heralded at the time for its realism, through today's eyes it looks somewhat corny.

Did you get sick on the Vomit Comet?

No, I loved it. The stunt man actually threw up, but I didn't. I loved it, I loved it. It's really amazing, it's so much fun. And I'm a wimp with roller coasters, I cannot stand them. But this one, I could do it all day long. The beautiful

thing of the parabolic flight is when you start floating, for me it was one of those things that felt almost primal and familiar.

Did you feel much resistance from the studio about the idea of a female lead?

No, no. There's the expression in the film, "Houston in the blind," which is a real expression when there's no communication, and the studio was in the blind. They were paying all this money to develop a technology that we didn't know was going to work, then investing in a shoot that we didn't know was going to work, then on top of that after the shoot they weren't able to see anything for eight months. And then we arrived to our release date a year ago and we were not ready. They said, "Do you need a couple of months?" "No, we need a year." And they had to keep on going. And with Sandy, yeah obviously when you are at some early stage there are voices that say, "Why don't you do it with a male lead? It's more exciting and we can have these actors. These kind of movies work better with a male lead." Yeah, you have some voices, but the moment that I said that I couldn't envision this film with a male lead, they were OK with it. There was no huge pressure.

I still get angry about the botched release of *Children of Men*, which was criminally overlooked when it came out.

I guess it was the release and stuff, but frankly maybe it was that it didn't connect with audiences, you know?



Amanda Bynes. ALL PHOTOS GETTY IMAGES

Amanda Bynes' meltdown just got way less funny

Amanda Bynes has been formally diagnosed with schizophrenia and bipolar disorder, according to Radar Online.

"It was what Amanda's parents, Rick and Lynn, had suspected all along," a source says.

"Nevertheless, it was difficult to process for Amanda's

parents. The bright side is that Amanda can lead a long, normal life as long as she takes her medication. Doctors at the treatment facility are still working to get Amanda therapeutic meds and she is responding to the medications she is being given to treat her dual diagnosis."

The Word

Cher still has no problem telling it like it is

ALEXANDRA CAVALLO
Metro World News

You know who is one of the baddest mamba jambas in the music industry, to this day? Cher. Do not even try and tell me that Cher is not the coolest old lady around, because I am armed with irrefutable evidence with which to counter you.

Firstly, she called out Madonna — one of the other old ladies still behaving like a boss in the biz — for being, well, for being kind of a B.

Secondly, she threw shade at Madge in a Reddit



forum.

Yes! Cher is older than my mother, who has just barely mastered the fine art of electronic mail, but the lady is well-versed in the ways of the Internet nether-regions.

Over the weekend, she logged on for an Ask me Anything open forum on Reddit (oh, by the way, she

introduces herself on said forum thusly: "Hi, I'm Cher, I'm 100 years old") during which someone asked why she hated Madonna.

Cher, being the classy yet truth-spitting broad that she is, responded, "I never hated her; I just thought she was a bitch."

And that, my friends, is 'nuff said.



Miley Cyrus

Miley majored in twerking instead

Before embarking on her post-Disney career, Miley Cyrus admits she flirted with the idea of going to college.

"I kind of like the way Mary-Kate and Ashley (Olsen) did it. They were bajillionaires from being these kid stars, and they decided that that wasn't the future that they wanted," she tells Rolling Stone.

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Italy

There IS something to rent in Tuscany**ON THE MOVE**
Loren Christie
life@metronews.ca

Want to plan the perfect week in Tuscany? Here's how to make this bucket list holiday to Italy a reality.

Vacation at a villa. Do your research and compile a list of must-haves such as Internet access, swimming pool and number of bedrooms required. Get testimonials from past guests. The pleasant surprise with a villa is a large group will often pay less than they would in a hotel. I recently rented a gorgeous 500-year-old villa outside of Cortona with eight friends and it cost us \$500 per person for the week.

Rent a car or bike. Iconic Italian cities like Florence and Siena are easily accessible and worth exploring, but to truly discover the hidden gems of Tuscany, you need your own wheels. The charming towns of Montepulciano, Cortona and San Gimignano are just a few of the dozens worth a visit. If you are pedalling on your own steam, I would recommend that you are in good shape, as the countryside is hilly. If you are renting a car, go small as some of the streets can be narrow.

Taste the local flavours. Forget fusion; a good meal in Tuscany is about celebrating what's in season. Whether mushrooms, truffles or tomatoes, eat the food that is fresh. Make sure to sample the regional specialties, such as Florentine steak, Pienza's pecorino cheese or my personal favourite, wild boar pasta.

Hit a winery. Many of the wineries in Tuscany do not like walk-ins, especially if you are travelling in larger groups, so call and reserve a tasting in advance. Ask if there is a restaurant on-site and enjoy your tasting along with a meal. I recommend the Salcheto Winery just outside of Montepulciano. The view from their lunch table was incredible.

And don't forget to take a soak.

In Italy a day at the spa is about soaking, steaming and mud baths.



The beach at the Fairmont Southampton hotel is perfect for swimming. The rocks off shore make a great diving spot, too. JIM BYERS/METRO

Soak in the sun and sights of Bermuda

Kick back. The weather is hot and the vibe is cool in this tropical paradise

**JIM BYERS**
@jimbyerstravel
jimbyerstravel.com

You probably know about the golf. And you might think there are a lot of guys in funny shorts and long socks. But Bermuda is more hip than you might expect.

Drinking

There are two traditional drinks in Bermuda. The Dark and Stormy has ginger beer, dark Gosling's rum (no other kind counts) and lime juice. Folks rave about Bermuda's Rum Swizzles but I found the one I tried at the famous White Horse Tavern in Bermuda far too sweet. In the main town of Hamilton, the Pickled Onion is a sleek affair that wouldn't look out of place in Toronto's Yorkville or Vancouver's Yaletown. When I was there drinks included "Pink Panties" and "The Black Banana." Ahem. Flanagan's Irish Pub on Front Street in Hamilton has reasonable prices and a second-



A climb to the top of Gibbs Hill Lighthouse reveals fabulous views of colourful houses, deep bays and the string of islands. JIM BYERS/METRO

storey patio overlooking the harbour.

Sleeping

The Fairmont Southampton is a pink beauty on a hill along the south shore. There's a great beach and it's adjacent to marvellous Horseshoe Bay. Rooms in October go from about \$330 a night. I stayed at a casual but adorable spot in the village of St. George's called the Crooked Elbow, close to a couple of nice beaches and cool forts and only a short walk from shops and pubs. It's got lots of space and goes for about \$150 a night in high season, with a five night minimum.

Dining

St. George's has a couple of places on the waterfront, including Tavern on the Sea (decent food; great views). The online reviews are good but at dinner in St. George's I found Wahoo's Bistro only adequate. The Waterlot Inn, affiliated with the Fairmont Southampton, is a stunner. I had a three-steak tasting menu that was \$60 but it beat the heck out of Ruth's Chris. The service is terrific and the sticky toffee pudding with vanilla ice cream will have you singing with joy. Stuff yourself at the Jamaica Grill in Hamilton with jerk chicken, rice and peas and other Jamaican delights in

a cheap but fun neighbourhood joint. Mickey's sits on the edge of Elbow Beach and you can dine a few inches from the sand. They do a lovely grilled seafood platter with scallops, shrimp, salmon, local fish, octopus and tender calamari, plus veggies and mashed potatoes, for about \$40.

Doing

Bermuda is famous for reefs that have caused many a shipwreck; bad if you're a sailor but great if you're a diver. May to October offers the best chance for calm, clear water and is the best time for swimming, especially on exposed south shore beaches. You also can try horseback rides or rent bikes or mopeds, which are everywhere. Or explore the shops and fun streets in St. George's, including Featherbed Alley and Old Maids Lane. Oh, OK, you are a golfer? There are courses galore, none more famous perhaps than Port Royal, where they hold the annual PGA Grand Slam event, featuring the winners of golf's four major tournaments (Oct. 14 to 16 this year). One too many rum swizzles? Climb the Gibbs Hill lighthouse to work off some calories and soak in views of all Bermuda's islands.

'Faux' mini cheesecakes are full of real good-for-you flavour

1. In bowl, place cashews and dates. Pour in enough

water to cover; let stand for 1 hour. Drain.

Ingredients

- 2 cups (500 ml) raw cashews
- 1/2 cup (125 ml) chopped pitted dates (about 5)
- 1 lb (500 ml) strawberries
- 1 large fully ripened avocado from Mexico, halved, pitted and peeled
- 3/4 cup (175 ml) coconut oil
- 1/4 cup (60 ml) lemon juice
- 1/3 cup (75 ml) raw agave syrup
- 1/2 tsp (2 ml) raw vanilla extract
- 12 fresh strawberries, sliced (garnish)

Crust

- 1 1/2 cups (375 ml) chopped or sliced raw almonds
- 1/2 cup (125 ml) shredded unsweetened coconut
- 1/4 tsp (1 ml) salt
- 1/2 cup (125 ml) chopped pitted dates (about 5)

2. Meanwhile, mist 24, 1/2 cup (125 ml) ramekins (or other similar-sized freeze-proof molds) with cooking spray. Line each with plastic wrap, leaving enough to create a bit of an overhang for "handles."

3. Crust: In food processor, add almonds, shredded coconut and salt; pulse until in coarse crumbs. Add dates; pulse until well combined. Divide and press into bottoms of ramekins.

4. In high-power blender, or in clean food processor bowl, add drained cashews and dates, the strawberries, avocado, coconut oil, lemon juice, syrup and vanilla. Process until very smooth. Pour over bases; freeze until firm, at least 2 hours.

Strawberry-Coconut 'Cheese' Cake



This recipe makes 24 mini-cake servings. MISSAVACADO.CA

5. Remove from freezer 30 to 60 minutes before serving (or, move to refrigerator

up to 1 day ahead); remove plastic wrap, plate individual cakes, and let thaw. To garnish, top each with sliced strawberries.

MISSAVACADO.CA

Drink of the Week

Kick Start PB and J Smoothie

- 1 ripe banana
- 1 cup (250 ml) 3% plain yogurt
- 1 cup (250 ml) ice cubes
- 1/3 cup (75 ml) PC Blue Menu No-Stir Smooth Peanut Butter with Meg-3
- 1/4 cup (50 ml) PC Blue Menu Twice the Fruit Strawberry Spread
- 1/2 tsp (2 ml) vanilla

In blender, combine banana, yogurt, ice cubes, peanut butter, strawberry spread and vanilla. Purée until smooth and silky. Divide among four glasses. **PRESIDENT'S CHOICE**



A new way to enjoy a childhood fave

Peanut butter and jam is a childhood favourite. Enjoy it anew with these Peanut Butter and Jam Filled Cupcakes.

1. Preheat oven to 350 F (180 C). Line two standard muffin tins with 20 paper liners.

2. In bowl of stand mixer fitted with paddle attachment, beat butter with sugar on medium speed for 3 to 4 minutes or until light and airy. One at a time, beat in eggs, beating well after each addition and scraping bowl between additions. Into another bowl, sift flour, baking powder, baking soda and salt. Add half of flour mixture to butter mixture. Mix on low speed just until combined. With machine running, slowly pour in buttermilk and vanilla. Scrape side of bowl and continue to beat until combined. Add remaining flour mixture; beat on low speed just until smooth. Scrape down side of bowl; beat on medium speed

for 30 seconds. Evenly divide batter among paper liners in prepared muffin tins.

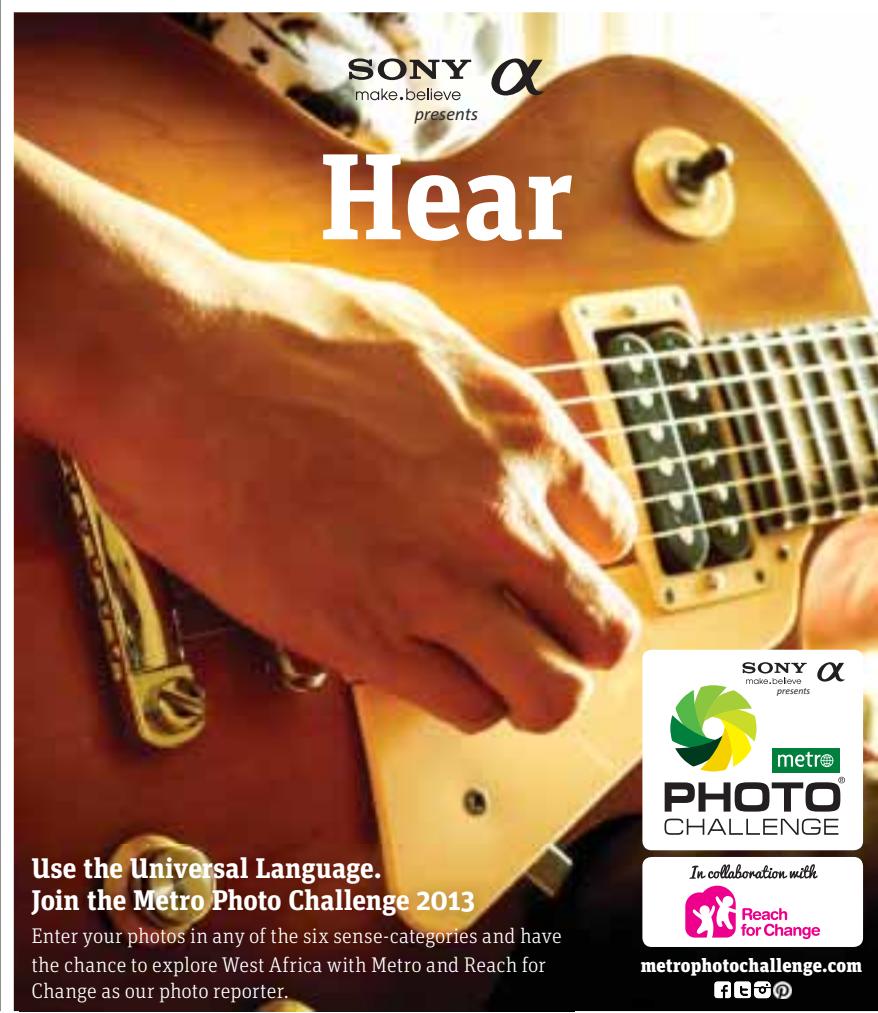
3. Bake in centre of oven for 15 minutes. Rotate pans front to back; bake another 8 to 10 minutes or until golden and tester inserted in centre comes out clean. Cool for 5 minutes in tins. Transfer cupcakes to rack and cool to room temperature.

4. Make topping: In bowl of stand mixer fitted with

paddle attachment, beat peanut butter, cream cheese and butter on medium speed for 1 to 2 minutes or until creamy and light. Add icing sugar and salt; beat on medium speed for 1 to 2 minutes or until smooth and creamy. Place mixture in pastry bag fitted with 1/2-inch (1 cm) star or plain tip. Pipe a border around each cooled cupcake. Place a heaping teaspoon (5 ml) strawberry spread in centre of each. **PRESIDENT'S CHOICE**

Ingredients

- 1/2 cup (125 ml) unsalted butter, softened
- 1 cup (250 ml) sugar
- 3 eggs, at room temperature
- 2 cups (500 ml) all-purpose flour
- 1/2 tsp (5 ml) baking powder
- 1/2 tsp (2 ml) baking soda
- 1/2 tsp (2 ml) salt
- 1 1/4 cups (300 ml) buttermilk
- 1 tsp (5 ml) pure vanilla
- Topping**
- 3/4 cup (175 ml) smooth



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What are you, some sort of expert?

A word to the wise on what it takes to advise. Do you have the goods to take on a career in the consulting field?

MEGHAN GREAVES
TalentEgg.ca

Are you thinking about a career in consulting?

If so, you're probably wondering what it takes to be successful in the industry. Since there are many fields within consulting, diverse personalities and dispositions can find an excellent career fit as a consulting professional.

However, successful consultants tend to have a core group of personality traits that they apply to different extents in their discipline.

You're a "people person"

As a consultant, you'll be working with your team and mul-

Above and beyond

You're willing to go the extra mile, and then some

- Solving problems, influencing your clients and creating innovative ideas are just the tip of the iceberg for consultants.
- To be successful, you need to enjoy getting lots done for your clients. Companies hire consultants because they want their expertise, so to impress them you must give that and more — and enjoy doing it!

tiple clients, so you're bound to feel like an outsider at some point or another.

Consultants need to be able to remove the barrier between themselves and their clients to build trust and confidence. In order to do this you need to feel comfortable working in different environments

and with different people on a daily basis.

You're a multi-tasker

As a consultant, you'll have to constantly manage multiple clients, all of whom come to you with different tasks, questions, concerns and suggestions.

Your plate will always be full. The trick to not getting overwhelmed is to prioritize your tasks effectively so each client's needs are met.

If you find that multi-tasking comes naturally to you, a career in consulting may just be your calling.

You're passionate

Not only do consultants have to be passionate about their industry; they have to be just as passionate about helping clients. A client can tell if you truly care about his or her success.

You're confident

Everyone has bad days no matter what field they work in. A



If it makes you happy to make others happy, and you know where your career passion lies, then get your consulting career cracking! iSTOCK

great consultant can get back on the horse when things aren't going smoothly. While doing this, you'll also need to motivate your team to keep chugging along and provide them with solutions to the problems ahead.

As a consultant you'll get tough feedback, experience set-backs and make difficult

decisions. A successful consultant can push through these barriers with confidence.

You're resourceful

Being resourceful is an extremely helpful trait to have as a consultant.

This trait will help you know when to ask for advice,

and where to find the right information.

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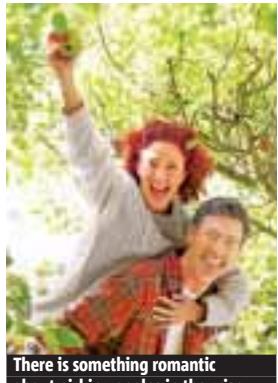
Volunteering, like raking leaves at a nursing home, is a great family activity during this season of thanks. FUSE/THINKSTOCK

Couples. Turn over a new leaf

Cosy up for fall with some outdoor fun to enjoy with your special someone. Connect with one of these fall favourites, recommended by Lavalife's Carmelia Ray, Lava365.com dating and relationship expert.

Check out an Oktoberfest event. It's a great date idea for couples. "Exploring different foods and cultures allows you to enjoy new experiences and create new traditions together."

Go apple picking. There is something romantic and nostalgic about the crisp, cool air and the beautiful colours of fall. "Visit a local orchard, then take home your freshly picked apples and make your own apple juice, ciders, pastries and apple pie."



There is something romantic about picking apples in the crisp, cool air amid the beautiful colours of fall. ISTOCK/THINKSTOCK

Knock something off your bucket list together. What's more memorable than doing

those things you have always dreamed about doing with someone you love? "These moments make some of the best lasting memories and experiences a couple can share."

Plan an outdoor photo or video shoot. Taking pictures of each other is fun and romantic. "Social sharing apps like Instagram or Pic Stitch let you quickly capture special moments in a fun and easy way." Go for an outdoor hike or bike ride. "Couples who play together stay together." Physical activity has many health benefits, and the bonus is you can have a lot of fun getting active. "And couples who share the same lifestyle and health habits actually live longer and experience a closer bond." **MICHELLE WILLIAMS**

Get excited about fall

MICHELLE WILLIAMS
For Metro

Fall provides an abundance of family-friendly activities for parents and kids. Get excited about fall with some of these fun ideas.

Go "leafing"

Go for a drive to see the colourful leaves. "Talk with your kids about why the seasons change and collect leaves from different trees," said Katie Bugbee, senior managing editor and global parenting expert for care.com. "When you get home, have kids make leaf rubbings by taping a leaf to cardboard, layering a piece of paper over it and gently colouring over the leaf with a crayon."

Visit a farmers' market

It's harvest time and with so

many fruits and vegetables in season, there is plenty for kids to see and do and lots of good things to eat. "Many farmers' markets also host special fall festivals, so check your local calendars," Bugbee said.

Volunteer

During this special season of thanks, volunteering is a great family activity. "Choose a charity that's important to your family and figure out the best way to give back," Bugbee said. "Consider raking leaves at a nursing home or helping out at a local animal shelter. Kids will look forward to volunteering if you make it a fun and personal experience."

Make a giving tree

"This is a great opportunity for the entire family to think about all the wonderful things that have happened in

the last year," Bugbee said. Cut out paper leaves and have family members write what they are thankful for on them. Then attach them to a paper cutout of a tree. Leave a stack of blank leaves nearby and encourage everyone to add more thoughts as they think of them.

Pick out a pumpkin

Kids are already getting excited about Halloween, so find a local pumpkin patch and make a day of it. "While you're there, enjoy the abundance of fall offerings — wander through a corn maze, eat an apple cider doughnut or hop on a hayride," Bugbee said. Instead of carving a jack-o'-lantern this year, decorate your pumpkin with glitter, buttons or paint. "This cuts down on the mess and makes it easier for younger kids to be involved."

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4 SPORTS



Roughriders quarterback Darian Durant eludes Blue Bombers defensive tackle Bryant Turner in Regina on Sept. 1. While the Bombers defence has enjoyed some success, the team only has two wins to show for it. LIAM RICHARDS/THE CANADIAN PRESS

Bombers D bursting with frustration

CFL. A lot being asked of defensive unit in holding the fort to make up for lacklustre offence

They're frustrated and leaving it all on the field.

About all that's left to pull out of the bag for the Winnipeg Blue Bombers defence would be scoring a lot of points, to make up for what the team's offence isn't doing this season.

Not that they haven't thought about it, with the

Quoted

"I think we're playing about as good as we can play right now (on defence)." Blue Bombers coach Tim Burke

team poised to set a record for futility.

"We're going to try and do that too, get some turnovers, get some touchdowns, that would definitely help," said CFL sack leader Alex Hall after practice Tuesday.

"It is frustrating, but it's a team sport. All you can do is control what you can control."

If the Bombers (2-11) don't win another game, they would

sink below the Jeff Reinebold-led Bombers in 1998 that went 3-15. That stands as the franchise's worst season in the modern 18-game CFL.

Coach Tim Burke, who comes from the defensive side of the ball himself, would certainly like to see a few more forced turnovers like those that crippled his offence Friday in a 53-17 loss to the BC Lions.

But he isn't banking on

them.

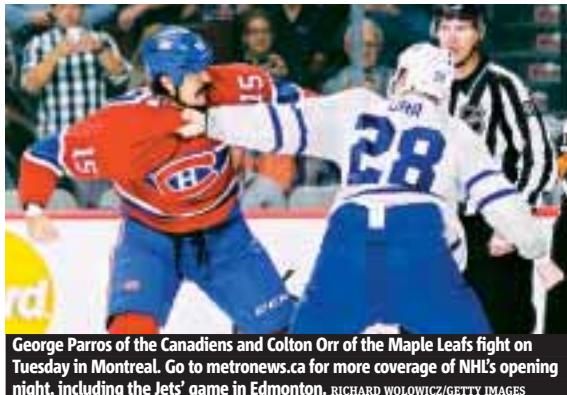
"Those opportunities are usually few and far between," he says.

They often come, he noted, when a team is solidly ahead and the losing squad is forced to try and make riskier throws — witness what happened last Friday.

"We haven't had that luxury."

Burke said the offence practised well Tuesday.

Receiver Cory Watson, offensive lineman Steve Morley and safety Dan West are all expected back in the lineup Saturday. **THE CANADIAN PRESS**



George Parros of the Canadiens and Colton Orr of the Maple Leafs fight on Tuesday in Montreal. Go to metronews.ca for more coverage of NHL's opening night, including the Jets' game in Edmonton. RICHARD WOLOWICZ/GETTY IMAGES

Opening night. Leafs defeat storied rivals

Tyler Bozak scored shorthanded and Mason Raymond got the winner in his first game with the Maple Leafs as Toronto spoiled the Montreal Canadiens' home opener with a 4-3 victory on Tuesday night.

James van Riemsdyk and Dion Phaneuf also scored in a fight-filled contest that saw Montreal's new enforcer

George Parros carried off on a stretcher after Colton Orr pulled him down during a scrap, crashing the Canadiens forward's face into the ice.

Lars Eller's second goal of the game with 2:22 left to play set up a wild finish, but Montreal failed to get the equalizer. Eller also set up Brendan Gallagher's goal. **THE CANADIAN PRESS**

This is 40

Colon gets nod for Game 1 start

Bartolo Colon never expected to be pitching at age 40, not in the playoffs, and especially not as the Game 1 starter.

And not this well, a year after being suspended 50 games for a positive testosterone test.

The veteran right-hander will get the ball for the Oakland Athletics in the opener of their AL division series against Detroit on Friday night, his first post-season appearance in eight years.

"It means so much to me. I'm 40 years old and never thought I'd be here," Colon (18-6, 2.65 ERA) said in Spanish. "It is more special, a lot. The first reason is because of the Oakland organization, and I thank them for bringing me here to pitch another time."

THE ASSOCIATED PRESS

CFL awards

Kackert named Week 14's top offensive player

Chad Kackert has been named the CFL's offensive player of the week for his role in helping the Toronto Argonauts come back and beat the Edmonton Eskimos 34-22 on the weekend.

Argos kick returner Trent Guy picked up special teams honours for his role in the win.

BC Lions linebacker Adam Bighill took the defensive player award, while Calgary Stampeders slotback Jabari Arthur was named top Canadian.

Kackert ran for a season-high 155 yards in Saturday's win over Edmonton, including touchdown rushes of 49 and five yards, as the Argos won their fourth road game in a row. **THE CANADIAN PRESS**

Kessel cashes in

Leafs extend sniper's contract

Phil Kessel got his wish to make it a long stay with the Toronto Maple Leafs.

Kessel signed an eight-year, \$64-million US contract on Tuesday. The deal has a salary cap hit of \$8 million per season. It begins in 2014-15 and runs through the 2021-22 season. **THE CANADIAN PRESS**

The 2013 Toyota RAV4

Review. Toyota's aim to recreate success of '90s model falls short but reliability is still assured

When Toyota introduced its RAV4 model back in 1994 it was an unusual, quirky and clever car. Stylish to look at, it created a whole new segment for compact crossover SUVs; there was even a three-door version, which is unusual even now.

The vehicle was aimed at trendy, young, (mostly) urban drivers, but in the 19 years since its release, the competition has got much tougher and Toyota has rather fallen off the pace.

Toyota is aiming to attract a range of different drivers with this latest model, which is why the 2013 RAV4 is available in five configurations, with 2.5-litre gas, all-wheel drive and continuously variable transmission (CVT), a 2.5-litre diesel with front-wheel drive and six-speed manual transmission and a 2.5-litre diesel with four-wheel drive.

However, all models in Canada are only available in six-speed automatic transmission using only gas.

This fourth generation RAV4 (which stands for Recreational Active Vehicle, Four-Wheel Drive) aims to elevate Toyota back to the top of the class with a RAV4 which is bigger, better and more practical than ever.

The biggest new feature in the 2013 RAV4 is the



ALL PHOTOS CONTRIBUTED

The 2013 Toyota RAV4

- **Top speed.** 185km/h
- **Engines (hp).** Four 2.0 litre or plus options available
- **0 to 100km/h.** 10.0 sec.
- **Fuel consumption** 5.9/100km
- **Base price (incl. destination)** From \$23,790

Interior

The interior is spacious and the trunk is big but the cabin is letdown by the use of some hard plastics and dull styling. The new RAV4 doesn't feel as lovely as it should.

Exterior

The unusual styling that the RAV4 was known for has been replaced by a far more generic-looking SUV. Its body has sharper edges and a stronger grille but it has lost some of its unique RAV4 personality, which is a shame.

Performance

The ride is too firm, resulting in a car that doesn't feel particularly relaxing to drive or comfortable around town. Even our test of the 2.2-litre diesel auto AWD version (not available in Canada) didn't feel fast and required frequent gear changes to get the most out of it.

rear lift gate which opens upwards (earlier models had the door opening sideways) and the rear-mounted spare tire is now inside the vehicle.

Best thing
Despite its failings, the new 2013 Toyota RAV4 is a safe choice for sensible drivers who will be happy with its middle-of-the-road performance; who don't want a car

to be desirable but dependable.

Worst thing
The "sport button," which is supposed to add pace and drama, is so badly tucked

away that you have to search for it. Worst of all, switching it on only seems to increase the engine noise — not the engine's response — so its sporty paddle shifters feel impotent. **METRO**

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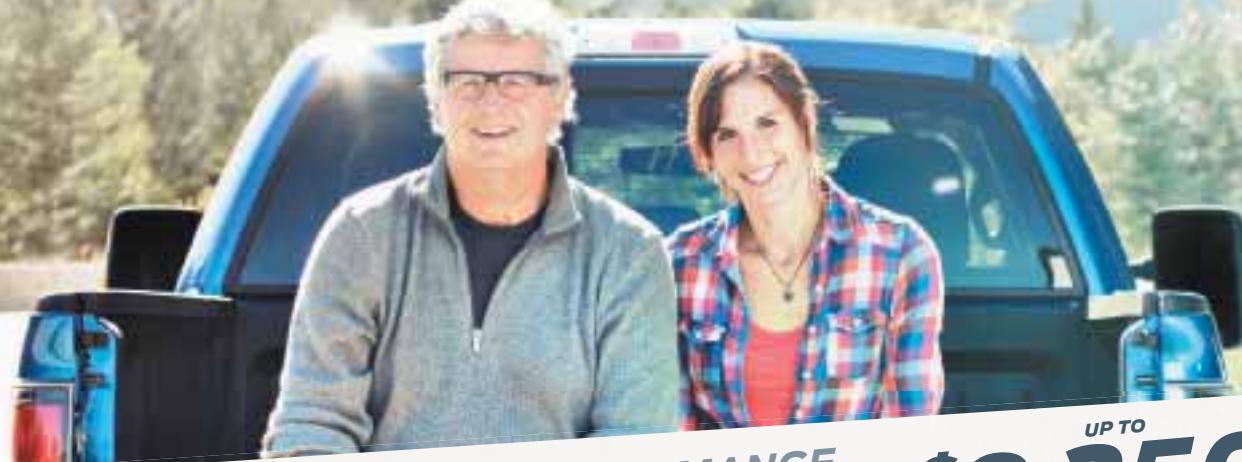
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Horoscopes

Aries

March 21 - April 20

The Sun and Pluto will send your emotions into overdrive today. If there is someone in your life who doubts your love and desire they won't be left in any doubt at all over the next few days. You're on fire.

Taurus

April 21 - May 21

Demand that work colleagues and employers treat you with the respect you deserve. And if they don't? Then you will just have to look around for better people to work with and for.

Gemini

May 22 - June 21

You may find it hard to control your emotions today but that's good. Usually you're so happy-go-lucky people think you never get annoyed but it isn't true and they must know.

Cancer

June 22 - July 23

Quick decisions are not always good decisions, so take your time and get it right. Some people may be annoyed that you can't seem to make up your mind about something but their feelings don't count.

Leo

July 24 - Aug. 23

You may be tempted to walk away from a situation that is getting you down but if you do you are likely to regret it. With the Sun at odds with Pluto today this is not a good time for grand gestures.

Virgo

Aug. 24 - Sept. 23

Your natural distrust could cost you today, especially if you hesitate to take advantage of what appears to be a genuine proposal. Common sense should tell you the offer is legit.

Libra

Sept. 24 - Oct. 23

Your head and heart will pull you in different directions today. If you are smart, you will realize whatever you choose will have consequences, so put off making a decision until the end of the week.

Scorpio

Oct. 24 - Nov. 22

You have worked hard to get to your present position and have no intention of letting others take it away from you. Today's Sun-Pluto link will bring a challenge of some sort. Are you up to it? Of course you are.

Sagittarius

Nov. 23 - Dec. 21

Opportunities you never knew existed will come knocking over the next few days but each will have a responsibility attached, so think carefully before you take advantage.

Capricorn

Dec. 22 - Jan. 20

You are always ambitious and always competitive but the current cosmic picture could make you excessively determined to win. Be careful who you annoy on the way up — because you might meet them again on the way down.

Aquarius

Jan. 21 - Feb. 19

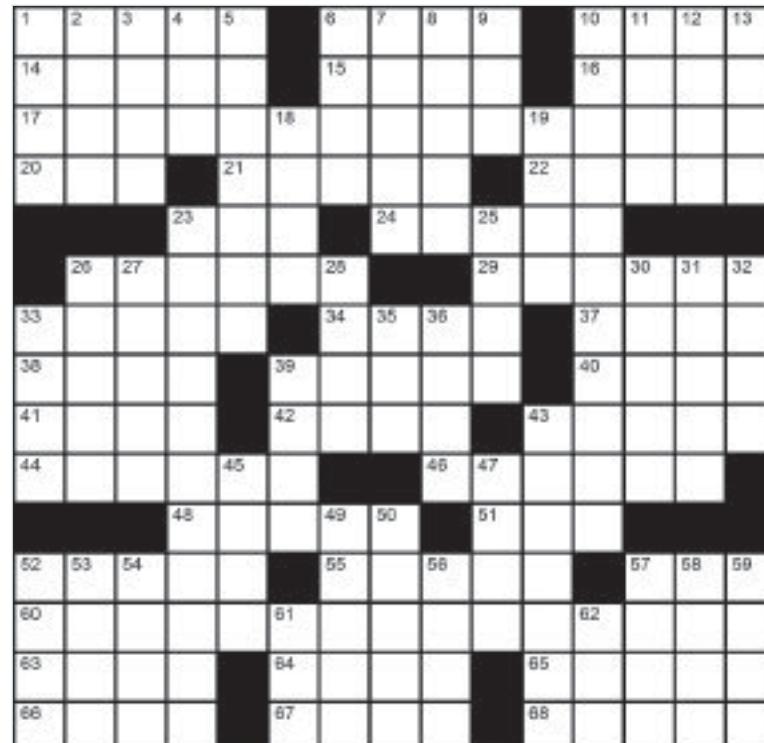
The planets suggest you are well placed to move up in the world. All you have to do is get serious about your dreams. A change of scenery could change your outlook.

Pisces

Feb. 20 - March 20

It's good to make grand plans for your future but can you afford to make a big leap forward of some kind now? If not, start small. **SALLY BROMPTON**

Crossword: Canada Across and Down





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